

Glidefit

June 11-July 20 (6 week session)

Boot Camp: (Intermediate/Advanced fitness class) This class can be tailored to an individual's ability's and fitness goals. We will works arms, legs, butt, and major core. (6 boards available)

M/W/F 6:00-7:00 am

Silver Surfers: (Beginner/Intermediate fitness class) This class is designed for anyone 50 and up or anyone new to Glidefit. We will focus on building core strength and flexibility. (5 boards available)

M 7:30-8:30 pm TH 6:00-7:00 am

Glidefit Yoga: (ALL fitness levels) This class will focus on stability, strength and flexibility through yoga based movements. (5 boards available)

T 6:00-7:00 am W 7:30-8:30 pm

BEE Glidefit: (All fitness levels) This class is a comprehensive whole body workout and can be tailored to meet any individual goals. (6 boards available)

T/TH 6:30-7:30 pm

Mix and Match classes to fit your schedule!

Pricing for the 6 week session:

3 days a week:

Pass Holder \$25

Non-pass Holder \$50

2 days a week:

Pass Holder \$18

Non-Pass Holder \$40

Drop in fees (*at your own risk*)

Pass Holder \$2 per class

Non-pass Holder \$5 per class

Contact Emily Nannfeldt for more information or to sign-up enannfeldt@bridgmanschools.com